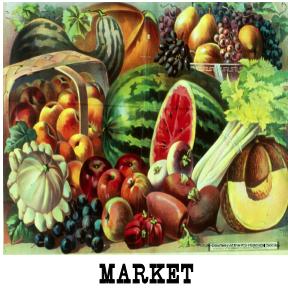




June 2006
Volume 1, Issue 2

**CAPITOL MID-WEEK
FARMERS'**



**MARKET
TOPEKA**

Capitol Mid-Week Farmers'
Market
May 24-October 25, 2006
Wednesday Mornings
9 a.m. to 2 p.m.
Capitol Grounds
10th Avenue and Jackson
Downtown Topeka

Healthy Kansas

Healthy Kansas Goals:
1. Increase your physical activity levels to at least 30 minutes five days each week
2. Eat a healthy, nutritious diet (including five daily servings of fruits and vegetables)
3. Stop using tobacco products, or significantly reduce your consumption.

HOME-GROWN IN KANSAS

Tips for Shopping at the Capitol Mid-Week Market

- Visit our table to get great information on getting more fruits and veggies in your diet , to enter a free drawing, and to pick up free prizes!
- Bring a cooler to work to store your fruits and veggies to keep them in the best shape possible.
- Bring cash or checks to purchase items from the Farmers' Market.
- Ask the growers questions about selecting, storing and preparing the produce they grow.
- Get your kids involved! Let them join in on the fun of discovering what treasures you have brought home from the market and then let them help prepare a meal with the produce and/or snack on the raw produce.

What's fresh for June

Asparagus, beets, Bok Choy, broccoli, carrots, cherries, escarole, garlic, green onions, greens, green beans, peas, potatoes, radishes, raspberries, rhubarb, salad mix, snap peas, snow peas, strawberries, tomatoes, and zucchini.

Beyond Bok Choy

More of your favorite vegetables are arriving each week at the Farmers' market including tomatoes, carrots, cucumbers, summer squash, green beans, sweet peppers, and corn. New potatoes have already shown their face. There are many great and easy ways to prepare your favorite veggies in new and exciting ways.

Try tossing cherry tomatoes with strips of fresh basil, fresh mozzarella cheese balls, olive oil, and a dash of salt and pepper. Serve with crusty whole wheat bread for a delicious and nutritious lunch. Mix up some cucumbers, onions, and any other veggie with a vinaigrette and serve with warm pita bread.

Be adventurous and add cut up veggies from the Farmers' Market with your favorite dinner dishes such as: pastas and rice, stir-fries, cold salads, soups, and fajitas. Fresh veggies are great grilled too! Soak in water or marinate for 30 minutes then drizzle with olive oil. Try carrots, onions, potatoes, squash, and peppers and cook them on the barbecue either on skewers, on foil, or straight on the grill. Apples, tropical fruit, and peaches work great too!

FRESH FROM THE FARM:

FOCUS: POTATOES

Rich in fiber and low in fat , white/brown foods are an excellent way to help maintain a healthy cholesterol level. White/Brown foods may help promote a healthy heart as well as reduce the risks of certain cancers.



Look for Potatoes at Wednesday's market –

A single serving of potatoes, that is 1 medium sized tuber, contains 4 grams of protein, 26 g of total carbohydrates, 45% of the recommended daily amount of vitamin C and 720 mg of potassium, almost twice that of a banana.

Featured Recipe:

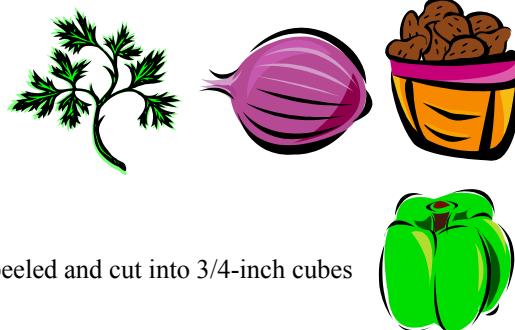
Colorful Potato Salad

A great alternative to a traditional favorite

4 servings

Preparation Time: 10 Minutes

Cooking Time: 20 Minutes



2 medium tomatoes, cut in 3/4-inch cubes

1 2/3 pounds (5 medium) potatoes, peeled or unpeeled and cut into 3/4-inch cubes

1/2 each red and green bell peppers, minced

1/4 cup each olive oil and lemon juice

1/4 cup chopped fresh parsley or basil

2 cloves garlic, minced

1 teaspoon each salt, paprika and ground cumin

3/4 cup thinly sliced red onion

In a large saucepan, cook potatoes, covered, in 2 inches boiling water 10 to 12 minutes until just tender. Meanwhile, in large bowl whisk oil, juice, parsley or basil, garlic, salt, paprika and cumin. Mix in tomatoes, peppers, and onion. Drain potatoes thoroughly and add to bowl. Toss gently to coat completely. Serve warm or at room temperature.



Kansas Department of Health & Environment

For an electronic copy of this newsletter see:

<http://www.healthykansans2010.org/kslean/>

Contact: jchurch@kdhe.state.ks.us for more information